

Author: Dr. David Lee Fish  
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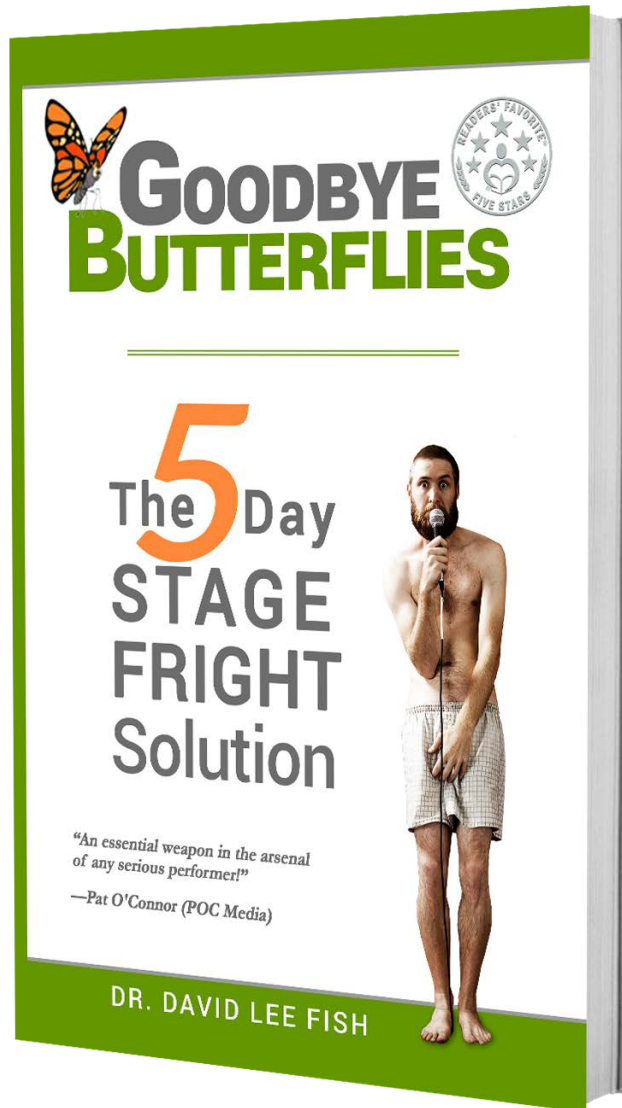
Contact Author

# Author Bio

Dr. David Lee Fish, Ph.D., is a veteran educator, professional musician, public speaker, and recognized authority on stage fright management. His popular online course has helped musicians, actors, and other performers as well as public speakers and even athletes to find the way beyond their anxiety. Dr. Fish directs a thriving program of study in popular music at Catawba College in North Carolina. His students have competed on series like *America's Got Talent* and *American Idol*, won national songwriting contests, and enjoyed chart-topping success with their music. Such accomplishments have led the country's leading music education magazine to honor Catawba as a Best Music School for eight years running. As a saxophonist, Fish has shared the stage with the likes of Frank Sinatra, Ella Fitzgerald, Cher, and the Temptations. He is also a founding member and past president of the Association for Popular Music Education.



Dr. David Lee Fish



# Book Description

You'll never achieve your full potential as a performer, public speaker, or athlete until you find your way beyond stage fright. The stakes are that high. Goodbye Butterflies' breakthrough DIY stage fright solution offers genuine hope those who become anxious in front of others. In a matter of a few short days, you can learn what might otherwise take years of frustrating, aimless searching to find on their own. As an important extra, Dr. Fish helps you achieve the type of flow that is synonymous with peak performance in the arts and beyond. A large bonus section includes instructions on how public speakers and athletes can also benefit from Goodbye Butterflies.

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# TESTIMONIALS

Goodbye Butterflies transformed my stage fright. Being confident in your stage presence makes you feel unstoppable!

—**Maddie A.** (American Idol contestant)



Goodbye Butterflies is an essential weapon in the arsenal of any serious performer and anyone else whose career depends on persuading, entertaining, or motivating others. And that's EVERYONE! *Dr. Fish is revolutionizing entertainment & public speaking. What Dale Carnegie is to "winning friends & influencing people," he is to performance. DO THIS!!!*

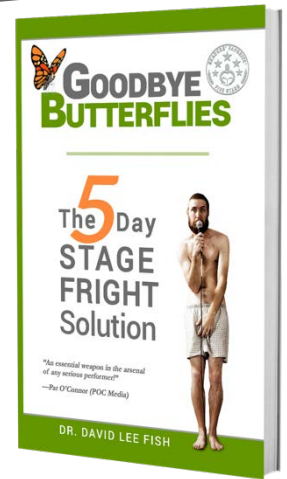
—**Pat O'Connor** (artist manager & CEO - POC Media)

Having spent the last 30+ years in the entertainment industry as a director, producer, writer, actor, sportscaster, and voice-over artist, I'm all too familiar with the nemesis known as stage fright. It can be managed and put in its place with the proper perspective, which helps release the artistic flow that is necessary to share the performance that rings true to the audience - be it one person or millions. Do yourself a favor and READ Goodbye Butterflies and discover for yourself what I did.

—**Mel Fair** (Halloween, Super 8, Scandal, Justified)



# Target Audience



## WHO SHOULD READ

- Musicians
- Actors
- Dancers
- Other performers
- Public speakers
- Athletes

## BOOK BENEFITS

- Calm your nerves
- Unleash your potential
- Achieve peak performance
- Enjoy the spotlight
- Understand your anxiety



# Book Excerpt



## Mark Your Calendar

Does this sound like you? You battle feelings of nervousness, self-doubt, and vulnerability while performing. Your heart pounds, your fingers tremble, and your vision blurs. Anxious thoughts and feelings distract you, keeping you from concentrating fully on the task at hand. Your nerves sometimes even lead to mistakes like missed notes or forgotten lines of dialogue.

Even if the performance goes well, the emotional ordeal prevents you from enjoying the moment. Perhaps worst of all, you're painfully aware that nervousness is keeping you from realizing your full potential.

### Our #1 Fear

Most of us who perform in public as musicians, actors, dancers, comedians, or the like, recognize ourselves in that description. In fact, stage fright and speech fright reign as the #1 fear of people everywhere.

Some estimates put the number of those who suffer from stage fright as high as 75%. Remarkably, one study even found that 70% of professional orchestra musicians experience such intense anxiety that it mars their performance.

### Beyond Stage Fright

But it doesn't have to be that way. There is an effective solution to stage fright. But it's not found in trying to fight it as you might tend to think. It's found in the opposite—in the type of acceptance that comes through what is known as mindfulness.

With acceptance comes detachment from your stage fright. Your nervousness may not disappear completely, but it fades into the background, and its hold on you shrivels. As it does, you're able to achieve your full potential as a performer and can enjoy the spotlight. You can also more readily attain a state of flow associated with peak performance.

Helping you find your way beyond stage fright through mindfulness is my passion and what Goodbye Butterflies is all about.

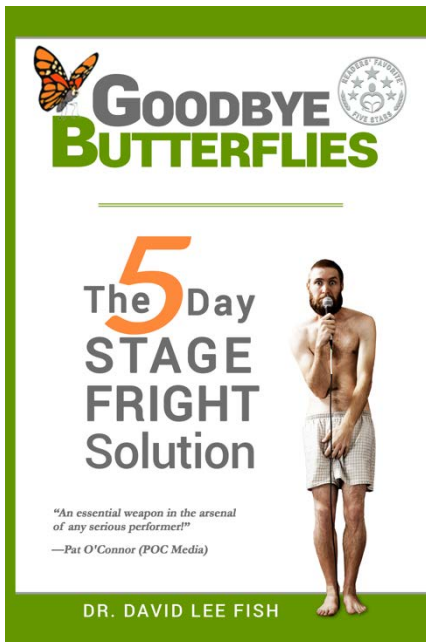
# Interview Questions

- 1 Who gets stage fright?
- 2 When and why does stage fright strike?
- 3 How prevalent is stage fright?
- 4 Why do so many people have trouble with stage fright?
- 5 What are the consequences of stage fright?
- 6 Who have been some famous victims of stage fright?
- 7 What are some ways people try to deal with their stage fright?
- 8 Why is stage fright so difficult to manage?
- 9 Is there a cure for stage fright?
- 10 Isn't there something wrong with a person if they get stage fright?
- 11 What makes you an expert on stage fright?
- 12 How did you become interested in stage fright?
- 13 Who is Goodbye Butterflies for?
- 14 What benefits does Goodbye Butterflies offer?
- 15 How is Goodbye Butterflies different than other approaches?
- 16 I understand there's a big added benefit to Goodbye Butterflies.
- 17 Can something really be done about stage fright in five days?
- 18 You say getting stage fright actually makes a person perfect. How?
- 19 Do you still get nervous?
- 20 How can a person find out more about Goodbye Butterflies?

# STORY IDEAS FOR REPORTERS



1. Why There is No One-And-Done Cure for Stage Fright
2. Why Stage Fright is a Problem for So Many
3. Famous Individuals Who've Battled Stage Fright
4. How Mindfulness Can Help with Stage Fright
5. Handle Stage Fright Like a Rock Star
6. The Three Factors that Cause Stage Fright
7. Why Talent and Skill Don't Cure Stage Fright
8. You & Your Stage Fright: What You Need to Know
9. The Secret of Finding Your Way Beyond Stage Fright
10. Here is a Method that is Helping Performers Everywhere Overcome their Stage Fright
11. Here's a Quick Way to Reduce Your Stage Fright
12. What Everybody Ought to Know About Stage Fright
13. The Truth About Stage Fright
14. Is Stage Fright Sabotaging You?
15. This is the Effective Way to Counter Stage Fright
16. Why is Stage Fright So Difficult to Get Over?
17. Breakthrough Approach for Stage Fright





# DOWNLOADABLE PHOTOS

I appreciate requests for photographs for press use. Email and let us know where you post your article so we can link to it.

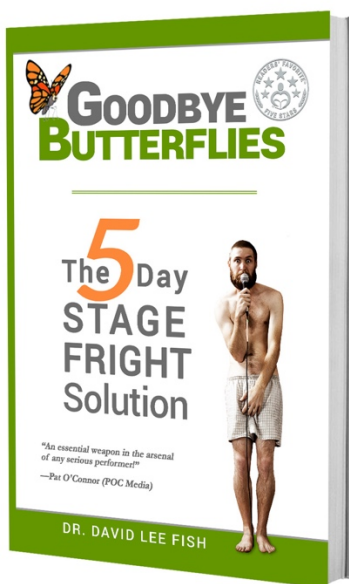
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# Connect with Dr. David Lee Fish



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# GOODBYE BUTTERFLIES

## The 5-Day STAGE FRIGHT Solution

